



Tucson Community Supported Agriculture

Newsletter 474 ~ February 9, 2015 ~ Online at www.TucsonCSA.org

Winter 2014/15

Harvest list is online

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Many more recipes
on our website

NOW TAKING ORDERS FOR GRASS-FED BEEF SHARES

Josh's beef shares will be here
around mid-March.

If you'd like one (or more),
just reserve one at the front
desk. There is a \$20 deposit.

One steer usually makes about
40 shares, so to be on the safe
side we will take orders for 35
shares. Any orders above that
number will be waitlisted.

Prices have gone up a little.
Details about beef shares are
on our webpage, under
Products > Meats

THE LAST OF BLACK MESA RANCH CANDY!

What you see on the shelves is
all we have. David from Black
Mesa Ranch won't be making
any more candy until around
Thanksgiving.

So, grab it while you can! We
have:

- Vanilla Bean Caramels
- Dark Debris
- Milky Rubble
- Truffles
- Fudge
- English Toffee
- Butter Pecan Toffee

A WEEK AT MY TABLE, by Paula Redinger

How is it that this self-professed "foodie" eats so many of her meals in two enormous bites while on the way out the door, or while her nose is mindlessly buried in her laptop, as I am doing now, smart phone, or - oh the irony! - a cookbook? Shouldn't I be eating mindfully, observing and savoring each bite of my delicious locally grown and lovingly prepared food? It's funny how life brings things in threes. In a sort of accidental New Year's Resolution, I started meditating using the headspace.com program, and just completed the 30 day foundation set yesterday. Equine pursuits have recently made their way back into my life. Communicating with horses requires a quiet and clear awareness of your own actions and intentions to be successful. I'm getting better at this. Sort of. Finally, I've attempted some longer term culinary projects this month - cheese making and vegetable fermenting - which require a gentle and patient hand in the kitchen. If eating an entire meal "mindfully" seems daunting - and admit it, it can! - try committing to eating the first three bites in a completely undistracted manner and see what happens. By the way, I hate that word, "foodie." Someone, please suggest an alternative!

Daikon Radishes, Purple Topped Turnips, Carrots: Kitchen Fermentation Project Number One! I've got a batch of kimchi fermenting in the kitchen, while I'm away for the weekend working in Phoenix. I can't wait to get back to see just what is happening!

Tendergreens, Turnip Greens: This week I stirred my blanched and chopped greens into Asian style noodle soups. Use any sort of base - vegetable, chicken, dashi, miso soup - add springy noodles, any extra seasonings you like, and even a poached egg for a light meal.

Oranges: They traveled with me to Phoenix, and I was happy to have a healthy snack at the ready in my hotel room.

Sweet Potatoes: I was tempted to add them to the kimchi as a sweet counterpoint to the spicy radishes, but the idea came too late. Instead, I tossed them with some fiery ground chiles in oil that was recently gifted to me, baked them until tender, and turned them into tacos, using corn tortillas (see below), some salty cotija cheese, and cilantro chimichurri. Delicious!

Quelites: I like to give these the quickest possible dip in a blanching bath, squeeze them dry, finely chop them, and add them to the masa for corn tortillas.

Salad Mix: Naturally, I made a Greek salad, using the product of my first attempt at making feta-style cheese!

JOSH'S EGGS

We drive to Josh's farm every other week to get Josh's eggs and so we usually run out of eggs during the second week, even with a limit of one dozen per account per week. And this week is a "second week."

But things are looking up. The days getting longer and the hens are laying more. Josh says that he expects he'll be able to fill our demand again sometimes in March.

Cilantro Coconut Potato Soup

Philippe, Tucson CSA

1 tablespoon olive oil
4 potatoes, cubed (you can also use sweet potatoes, or a mix of both)
2 garlic cloves, minced or pressed
1 onion, chopped
4 cups vegetable broth
1 can unsweetened light coconut milk (14-16oz)
1 bunch cilantro, chopped
1 teaspoon dried oregano
1/2 teaspoon chile flakes or ground pepper
Salt and pepper to taste

In a medium-size pot, heat oil to medium heat. Add potatoes, onions, garlic, herbs and spices. Stir until warm. Add broth, cover and simmer for 20 minutes until potatoes are soft. Add coconut milk and bring back to simmer. Remove from heat. Add chopped cilantro. Blend with immersion blender or in a blender or food processor.

Roasted Beet Salad With Oranges And Beet Greens

Adapted from Bon Appétit, January 2004

1 bunch beets with beet greens attached
1 orange
1/2 bunch green onions, chopped
2 tablespoons wine vinegar
1 tablespoon extra-virgin olive oil
1 garlic clove, minced
1/4 teaspoon grated orange peel

Preheat oven to 400°.

Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with a fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl. Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

Here’s a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I’ve tried this with kale, collard greens and chard. Editor’s note: it is important that greens be dried well before tossing with oil. Wet greens will steam instead of crisping. Season to taste with your favorite spice mix.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don’t burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn’t be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Earthy Warm Green Salad

Philippe, Tucson CSA

1/2 pound bacon, cut in strips; or 1/2 cup blue cheese (add blue cheese at the end)
1/2 pound potatoes, cubed
1 salad mix, chopped
1/2 bunch greens, cut in ribbons
1 tablespoon olive oil
1/4 cup grated Parmesan cheese
1/2 cup walnuts, lightly crumbled
Black pepper or red chile flakes
Salad dressing

In a non-stick pan, heat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing. Toss and serve.

Mizuna, Orange and Beet Salad

Lorraine Glazar, Tucson CSA

1/2 bunch mizuna, washed, tough stems removed
2 oranges
2-3 beets, depending on size
1/4 cup orange juice
1/4 cup olive or canola oil
1/2 to 1 teaspoon marmalade (optional)
2 tablespoons finely chopped cilantro (optional)
1 teaspoon Dijon mustard
Salt and pepper to taste

Arrange the arugula on individual plates or a large platter. Cut the peel off the oranges, then slice crosswise into rounds. If the beets are large, they may need peeling, but if small, simply grate them. Mix the orange juice, oil, mustard, marmalade and cilantro in a blender to make a dressing. (Alternatively, shake in a jar until emulsified or whisk in a bowl). Add salt and pepper to your taste. Top the arugula with orange slices and sprinkle with the grated beets. Top with the orange vinaigrette.